

## Monday's Special: Opening Ceremony

- Start the week off with a Pep assembly or rally, showing the STOP the Violence Video. Begin the rally with the dialogue used in the training session....lights are dimmed and speakers have their backs to the audience. Each speaker takes turns facing the audience, stating recent acts of violence in our nation's schools (using a very somber voice.)
- Have FACT sheets around the school on current statistics of violence.
- Distribute STOP the Violence buttons, pins, ribbon, etc. for the students and faculty to wear all week long.
- Bring in a guest speaker to be included in the opening assembly..this could be the school resource officer or a special person specializing in violence prevention (use someone from your Blue Ribbon Panel).
- Have the students define the following words: Hate, Intolerance, Bigotry, and Racism for themselves. Lead discussion groups and arrive at a collective definition. These definitions can then later be posted on lockers, lunch rooms, library, the gymnasium, etc.
- Begin the day with a moment of silence...."standing against violence/intolerance...."
- Have students in Sewing class begin a "peace quilt". Each student, or group of students, can assemble a square and then be sewn together and hung in the school display area.
- Create news releases, PSA's, press releases to introduce the week and to gather the community's involvement.
- Begin each day with a "positive thought for the day" over the intercom system.

## Tuesday's Special: Bullying Poster Contest

- FCCLA students can post notes dealing with bullying on random lockers throughout the school (locker emblems).
- Don't forget to use the STOP logo.

- Host a contest for the best locker decorated with anti-violence/anti-bullying message. Announce the winner in front of the entire student body and give a prize.
- Place blank poster paper throughout the school and have students create definitions of bullying, violence, etc. Leave the posters up throughout the week.
- Create an “art gallery” of the various posters or locker announcements so fellow students can view the works. Host an art showing of the anti-violence pieces for the community to come and walk through, complete with treats and beverages.

### Wednesday’s Special: “Adopt a Day”

- Have groups of students read tolerance books to younger children (elementary students). Let students design and create their own books on tolerance.
- Host special activities throughout the day:
  - Three-legged races (working together)
  - Ice cream social after lunch or school
  - Contest centered around making new acquaintances and learning something special about the new individual.
- In daily morning message tell of positive places for meeting new friends. Offer alternative activities for teens.

- Host a “family fun night” ....showing a positive feel-good type movie for the entire family to enjoy. Sell treats and make some money to fund a prize for later in the week.
- FCS cooking class could make/bake treats to be shared with individuals who might need a pick-me-up. Share a treat with a new friend.
- Have a moment of silence.... OR “stand for tolerance” (silence can be very powerful).
- Have teachers / staff write something special about students and pass it out at the end of the day....could be as little as “I enjoy having you in class” “your smile brightens my day”, etc.

### Thursday’s Special: “R E S P E C T!!”

- Host a contest for students coming up with the most songs containing positive messages.
- Create a contest where students create a positive rap song, reading of powerful literature, or any other form of POSITIVE self-expression....host a mini-talent show and the “winners” receive a “prize”.
- Have a “Candy Contest Against Violence!” The student who creates the best anti-violence slogan using the most candy wrapper titles wins a bag full of candy treats....For example, “Hey, don’t Snicker, but I am a Jolly Rancher and it would be a Life Saver if we could be friends.” (that was just off the cuff, I am sure that those creative students of yours can have it LOADED with candy titles!!)
- Host a poetry reading/contest dealing with respect issues and/or anti-violence topics.
- “White-Out Day”—Students are randomly selected throughout the day to wear a certain symbol indicating that they represent someone who has died as a result of violence. This person is now “dead” after receiving the symbol (a white T-Shirt, button, pin, etc.) No one is allowed to talk to him/her and he/she is not allowed to interact with others. The number and timing of the selection of victims should

correlate with a defined statistic—ie, number of children hurt in schools from violence, number of students involved in violent acts in MT. Schools, etc.

- Start the day with a moment of silence in respect for those harmed due to violence in the schools.
- Shuffle a deck of cards (several decks) and have students tape a card on their forehead WITHOUT looking at the front of the card. Then have the students mix together and greet one another, *using the following guidelines:* Students with a face card are to be treated as HIGH status. Students should greet these individuals with hugs and praise, etc. Students with a 5 to a 10 should just be passed off as barely noticeable....a brief hello and nothing more would be the appropriate greeting. Students with a card under 5 should be snubbed and not given the time of day. At the end of the exercise, ask students to guess what the value of the card is and create a discussion about stereotypes, etc.

### Thursday, CONT.

- Team teach an activity with the art class or in ANY class, having students create collages about where they are from/who they are...these collages can represent certain religions, cultures, etc. Then the collages could be added to your “art gallery” created earlier in the week.
- FCS cooking class could spend the day/week creating different ethnic foods. Foods and meals play a huge role in defining our cultures and this could be used as a sharing of cultures and learning of differing regions.

### Friday's Special: "We Can Make A Difference!"

- Host a walk/march/parade against violence. Use this activity to involve younger aged school children, as well as the entire community. Put an ad in the paper or use flyers to invite everyone and promote the event. Make the purpose of the event clear. You could also involve senior citizens, individuals in group homes, and preschools(?). To encourage participation, you could incorporate a contest for the best anti-violence sign or offer door prizes to participants. You could also let the theme speak for itself and simply walk.
- Feature popular music with a positive message! Have students create a compilation of clips from songs with messages of tolerance. This would use the auditory sense to uplift and inspire students. (OR use video to compile clips from positive movies—it is harder to find the positive ones, unfortunately). Play this at the ending assembly.
- Host an ending assembly or a pep-rally. Have fun games, skits, entertainment, and/or a guest speaker. Emphasize that each student has the power to STOP the Violence. Have students commit to safer schools as a group. Hand out pledge cards.
- Serve baked goods in the school lunch room and display anti-violence posters. You could have a minimal charge (to pay for ingredients) and serve them individually. Wrap them, bag them, etc., and include an anti-violence message. It would be the same general idea as a fortune cookie.
- Use any of the activities throughout the week and present them at a school function to involve the community. Given that April is slower for large athletic events it would be a perfect time to present an awareness-type function, parent/teacher conferences, or in front of a school board meeting.
- Have 2 vases, bowls (or another large set of containers) set up in a prominent area of the school, such as the main office, lunch room, etc. Have a sign above the containers stating, "Please move a \_\_\_\_\_ to the blue bowl if you or someone you know has been affected by violence." The "item" to be moved can be as elaborate as a flower being transferred from one vase to another, a chocolate kiss, or simply a cut-out piece of paper in the shape of a heart. The idea is to get a visual effect of HOW many people have been affected by violence.